ABSTRACT OF THE DISCLOSURE

| An adjustable frame for holding a paint roller includes a pair of square arms. Each |
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| of the pair of square arms includes a distal part, a joint part, a pair of shafts at the ends of |
| the distal parts, and a pair of racks that are opposite to each other and are respectively fixed |
| at the ends of the joint parts. A straight square tube holds the pair of joint parts and holds |
| the pair of racks into its internal space. The pair of racks mesh with a gear wheel within |
| the internal space of the square tube. A tee-joint holds the square tube. A pair of bearing |
| holes through the walls of the tee-joint and the square tube hold up a bar, to which the gear |
| wheel is fixed. One knob is fixed to one of two ends of the bar, outside the wall of the tee- |
| joint. The present invention provides a holding-length adjustable frame that is capable of |
| flexibly and tightly clamping and holding a variety of longitudinally sized paint rollers. |